

Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-885-5778 or 1-888-296-8151

Weight loss and wellness for adults

Five Tuesdays in March: March 3, 10, 17, 24 and 31

5:30–6:30 p.m.

Springfield Health Center, 100 River Street, Springfield

This five-session series on weight and wellness helps adults looking to lose weight or maintain weight they've lost in a healthy way. Classes will cover physical activity, appetite regulation, emotional eating, combatting food cravings, meal planning, and behavior modification.

Program is free but registration is required.

Contact the Community Health Team to register by calling 802-886-8946, or email cht@springfieldmed.org.

Childbirth education class

Mondays, March 2 and 9, or

April 6 and 13, or

May 4 and 11

Springfield Hospital Library

A free class to prepare for the labor and birth process. Parents are encouraged to sign up for these classes two months before their due date. Bring two pillows to class along with snacks or lunch. Pre-registration is required.

Call Sandy at 802-885-7686. For additional information regarding Childbirth Education call Holly Trail or Lisa Veilleux at 802-885-7511.

Prenatal breastfeeding class

Thursdays, March 26 and May 28

10:00–11:00 a.m.

1st Floor Conference Room

Springfield State Office Building

100 Mineral Street

Join other pregnant women to learn more about breastfeeding and what to expect once your baby arrives. Having a plan and knowing what to expect can help you feel less stressed in your baby's first few weeks of life. Dads and grandparents are welcome, too.

To register call Jane Heal at 802-885-8935 or email jane.heal@state.vt.us.

Secrets of baby behavior

Thursday, April 30

2:00–3:00 p.m.

1st Floor Conference Room

Springfield State Office Building

100 Mineral Street

Knowing what your baby is trying to tell you helps make parenting a newborn easier. Meet other new parents and share stories! Babies welcome.

To register call Jane Heal at 802-885-8935 or email jane.heal@state.vt.us.

All activities are **FREE**
of charge!

